

# Mediterranean Chicken and White Bean Salad

**Prep time:** 20 minutes

**Makes:** 4 Servings

This refreshing salad starts with cooked chicken, white beans, cucumber, and onion with a splash of fresh lemon juice, oil and seasonings for a delicious combination. Try it with tuna and chopped tomatoes for variety.

## Ingredients

**1 cup** skinless cooked chicken (diced into 1/2 inch pieces)  
**1 can** 15.5 ounce low-sodium white beans (drained and rinsed with cold water)  
**1** cucumber (peeled and diced into 1/2 inch pieces)  
**1/4** red or white onion (peeled and chopped into 1/2 inch pieces)  
**2 tablespoons** vegetable oil  
**1/4 cup** lemon juice  
**1 tablespoon** dried basil or parsley leaves  
**1 teaspoon** salt  
**1/4 teaspoon** black pepper

## Directions

1. Put everything in the bowl and gently toss.
2. Serve right away, or cover and refrigerate up to 2 days.

## Notes



## Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	297	
Total Fat	11 g	17%
Protein	20 g	
Carbohydrates	31 g	10%
Dietary Fiber	8 g	32%
Saturated Fat	2 g	10%
Sodium	546 mg	23%

## MyPlate Food Groups

Vegetables	1 cup
Protein Foods	1 ounce

- 2 (5-ounce) cans of tuna in water can be used instead of chicken.
- Chickpeas, Cannellini, Great Northern and Navy can be used.
- Add ½ cup chopped fresh tomatoes.